

KDCTA HOOF BEATS

WINTER NEWSLETTER

JANUARY 2024

Hello KDCTA members!

Our big KDCTA news is that we now have a new president and so congratulations to Lisa Toth! A big shout-out and thank you to Stephanie Dobiss, KDCTA president for the past 6 years consecutively as well as many previous terms as president in the past 35 years that she has been a member! And do you know that Stephanie has managed the KDCTA horse shows for some 25 years with only a few years break? Wow! Doesn't she receive sainthood for this???

A Message from your President:

Hello fellow KDCTA members. I would like to thank you for giving me the honor of being your President for this next term. I do realize I won by default. Regardless, my goal is to serve you well.

I am not going to spend any time talking about myself, as I was featured in the last newsletter. You can read all about me there.

I want to thank Stephanie for the excellent job she has done over the past several years, and I am grateful she will be staying on as vice President.

As I learn about the history of our club, I encourage each of you to reach out. I would like to know:

- 1) Why you joined KDCTA
- 2) What you think we can do to increase our membership numbers
- 3) What is stopping you from attending the Quarterly meetings (if you don't attend)

Feel free to reach out anytime. You can reach me at: kdcta11@gmail.com
lisa.toth11@gmail.com
814.251.4331

Have a Blessed Day,
Lisa, KDCTA President

Calendar for 2024 (In progress, lots still to be added!)

May 18, 2024	KDCTA Spring Show
April 17, 2024	Spring membership meeting
April __, 2024	Kick-off Meeting for those interested in Drill Team
May __, 2024	Drill Team practices begin
July 17, 2024	Summer membership meeting
October 16, 2024	Fall membership meeting

INTERESTED IN **EQUINE TRAILS** IN ROTHROCK STATE FOREST?

In our local Rothrock State Forest, 53 new miles of shared-use recreational trails are planned. For more information, check out: <https://www.statecollege.com/articles/community/53-miles-of-new-trails-planned-for-rothrock-state-forest/> and plan to attend the **public meeting** that will be held from **5:30 to 7 p.m. on Feb. 20 at Calvary Harvest Fields**, 150 Harvest Fields Drive in Boalsburg, to showcase trail design and solicit funding to construct future sections of the project

INTERESTED IN JOINING **KDCTA DRILL** TEAM?

There will be a kick-off meeting for all interested to be scheduled in April so stay tuned. It's great fun and all rider and horse types are welcome. We have 2-3 practices monthly beginning in May and there several performances which take place in August and September.

INTERESTED IN **SELLING OR BUYING HORSE ITEMS**?

Send an email to Kristin Taylor (kristinbrusilataylor@gmail.com) with a description of your item for sale and a photo, too, if you'd like. It will be included in the next quarterly newsletter. You can also send a request of a horse item you are looking to buy. Our newsletter can also be used to buy/sell horses too.

Again, **thank you** to our KDCTA member, **Carmel Dunlap**, for her journalistic contributions to our newsletters and for sharing her great ideas on some new directions we can go to keep inspired through these winter months!

Making the Most of Winter

Do you have the winter doldrums yet? I venture to say that even if you have an indoor arena available to ride in, you are probably not riding as much as you do in warmer weather. I thought I would share with you some ideas to satisfy your horse's self that don't involve riding to get you through the winter.

Last year I wrote an article on how to help your horse from getting bored in the winter, so I won't repeat any of those things. Look back at last winter's newsletter for those inspiring ideas! This article is going to be about you, the rider, your horse's person!

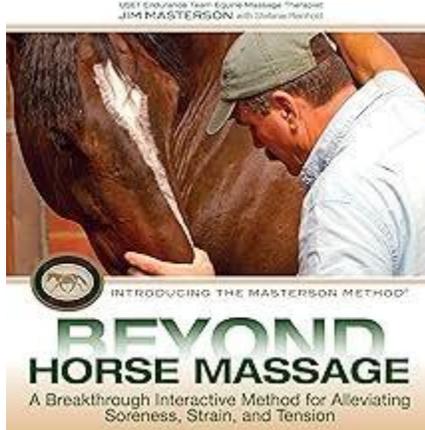
Have you ever thought about keeping a journal? They do have many benefits, and writing your thoughts down on paper can often help you make decisions and bring about how to resolve problems you may be experiencing. Did you know that they make a special journal called "The Dressage Rider's Journal"? Check it out on Amazon! If you've ever thought about journaling but never quite made the step to do it, this is going to be a great introduction to journaling that will be geared towards you and your interest. This is a planner, calendar, and organizer, with a few extras thrown in! You might want to start January and plan out your riding year. Make notes of shows you want to enter and training goals you are hoping to achieve in 2024. You could also jot down some little goals in between to help you reach the bigger goals. This is also a great way to record your horse's training progress over the year. I write down every month or so where my girl is at in her training. It's very rewarding to look back later and see that what was once a very difficult movement has now become smooth and much easier! You may not see that progress every day but when you look back at your notes you will see that you really have been moving forward and attaining things! The Dressage Rider's Journal retails for \$29.95 and is available on Amazon.



Something else that can be done in the winter when the snow is blowing and the wind is howling is to take your tack in the house and give it a good cleaning. This is the time to take everything apart and give it a very thorough cleaning, something you most likely don't have time for in the summer when you are spending your time riding. I would recommend bringing the tack in the house overnight so that it warms up and will release the dirt better as well as absorb any conditioner you apply.

Have you ever thought about doing body work on your horse but didn't have the time to learn how to do so? Now is the perfect time to use long winter evenings to watch videos on You Tube or get some books on what your interest is. Jim Masterson has some very instructional, informative videos on You Tube, as well as a fantastic book called "Beyond Horse Massage". You can also just type in horse massage on You Tube and you will come up with many videos to choose from. Then on a slightly warmer day take your new skills out to the barn and practice on your horse. They are sure to love it, no matter how inept you might initially be, as you aren't going to harm your horse

at all and in fact, will be deepening the bond you have with them.



Have you heard of Dressage Rider Training? It is a 12 week fitness course geared to help you ride better and become more fit. You work out for 20 minutes three times a week. One workout is geared towards working your core, one is yoga and one is strength. The new year is always a time when people like to revamp their fitness goals, why not start working out to help you become a better rider? You don't even have to ride dressage to benefit from this. You can find out more information by searching for Dressage Rider Training or type in Dressageridertraining.com



And again, **THANK YOU to Carmel Dunlap** for helping us get to know our KDCTA members with her interview questions... in this newsletter, get acquainted with:

Meet the Member: Kristin Taylor

1. How long have you been a member of KDCTA? **Hmmm, maybe about 10-12 years?**
2. What were some of the reasons you decided to join? **I wanted to join drill team!**
3. How long have you had horses? **I got my first horse when I was about 14 years old and shared this horse with my sister. I got my first job as a lifeguard when I was 16, earned a total of \$750 for the summer, then spent it all on a mare appropriately named Red Witch. I had a long, dry spell then for many years but when my youngest child turned 5, we leased a pony and I got a 3 year old QH (bad idea, not the QH part but the 3 yo part). Since then, my husband and I have had a few different horses, some which have come and gone, and we now have Alan's Arab, Rico, my grade mare, Ava, and our beloved 35 year old QH Boomer.**
4. Where did you grow up? **Western Massachusetts and Maryland**
5. What jobs have you worked at in the past and what jobs do you currently do to support your horse life? **I am a retired physical therapist. I worked in acute care hospitals and rehab hospitals until moving to PA when I went to work for the Central Intermediate Unit and did school-based PT. I then left the CIU 2018 and went to work at the Student Health Center at Penn State until 2018. After retirement, I did a volunteer PT work in Nepal and Vietnam.**
6. What is your personal life like? Are you married, have children? **Yes, married and so lucky that Alan is a horse guy! I couldn't successfully bribe my children to be horse people and they are grown now, living in GA and CA. I have one canine grandkid only.**
7. What other type of furry members of the family do you have? **We have a dog and two cats. We bring two lambs to our pasture in the spring but I guess we should not call them "furry members of our family" as they end up in the freezer in the fall(!)**

8. and 9. Tell us about the horses you have in your life now and what you do with them. What are some things you have done with your horses and what are your interests now? I got Ava, a grade buckskin, in February 2023 and doing the age math, I hope that she and I will be growing old together and never will need another partner in life. I've been taking lessons with KDCTA member, Melanie Wagner, to get serious about improving my riding skills and communication with Ava. Alan and I have been doing competitive trail rides and endurance rides for more than a decade. Ava and I did our first limited distance CTR last summer. Rico has been my partner for drill team the last couple of years and I plan to ride Ava this upcoming season.

10. What are some special interests you have in the horse field? Like many KDCTA members I am getting interested in Working Equitation!

11. What are some other hobbies you enjoy besides the horses? Gardening and watercolor painting. I wrote and illustrated (self-published) a children's book several years ago about a little girl and her pony at an endurance ride and I'm just getting started on a new idea.

12. What type of music do you enjoy listening to? Everything, depends on my mood.

13. What is your favorite food? Cheesecake!

14. If you had unlimited money to go on vacation where would you go? New Zealand!

15. What could you tell us about yourself that might surprise some people? I like to clean my house. (I wish this meant I would keep up with it!)

16. What do you think your strongest asset is? Sisu-Finnish word (I'm 2nd generation)... it basically means fool hardy, but in a good way.

17. What horse trainer do you most admire? Our own Melanie Wagner!

18. What is one of your goals for 2024? Participate in a WE schooling show with Ava!

19. What are some of your favorite books? The Invention of Wings by Sue Monk Kidd

20. What's the one thing you can't live without? My dog... ok, husband and kids too

21. What is on your bucket list? [Hike the Mont Blanc Circuit](#)
22. What is one item you've recently crossed off your bucket list? [Hike the Camino de Santiago](#)
23. If you could describe yourself in one word, what would it be? [I had to get help from Alan on this one... he said "intent", not even an adjective. After getting correction, her said, "focused"](#).
24. What is one of your earliest memories of loving horses? [My dad saved a picture I drew in first grade and on this paper I fibbed and wrote, "I have a horse. I get on my horse and we run and run and run."](#)
25. What is the most useless thing you know how to do? [Wipe kitchen counters](#)
26. What movie could you watch over and over again? [Nope, can't watch a movie over and over again.](#)
27. What is something that you were afraid to do but did it and conquered it? [Hmm, I think I am the kind of person that doesn't do anything scary and if I did, I probably would not have conquered it!](#)
28. What is your phone's lockscreen picture and background wallpaper? [A close-up taken of a very unusual flower along the Camino in Spain](#)
29. What is the best part of your typical day? [Swinging my leg over the saddle to begin a ride on Ava.](#)
30. Do you have a motto or saying that you live by? [Ask not for a light load but a strong back.](#)



